In Appomattox, the nation

February is Heart Month

By FRANCES ABBITT

So, February is Heart Month ..... Well, I'm glad, because I'm your heart, and I need all the help I can get!

Just the other day I heard a lady complaining of how much her legs hurt. Now that's bad, but legs can rest, you know. They can just sit down and refuse to walk until they feel better and the fellow or gal they begong to keeps on living. The same thing is true with arms ..... they can get too tired to serve another meal, type another page or carry another package. Then, they just take a 'breather'. Not so with me ..... let me quit for a few minutes rest and it's curtains for the individual that I belong to. As for me, I work all the time .... every hour of every day; day in and day out.

Do you want to know what I really am .... this heart of yours? I am a four-chambered double pump that beats 100,000 times a day while moving 4,300 gallons of oxygen-rich blood through the circulatory system to the entire body. Now that's what I call work!

As I beat, contractions of thick muscle wall (myocardium) pump blood from the heart through 60,000 miles of blood vessels. I get to rest only a fraction of a second between beats. The normal adult circulatory system contains about eight pints of blood recirculated continuously through the body.

I even have two pumping stations. The right heart pump receives the blood after it has delivered nutrients and oxygen to the body tissues, then starts it on its journey to the lungs. The lungs cleanse the blood of waste gas (carbon dioxide) and provide it with a fresh supply of oxygen. The left heart receives this 'recycled' blood from the lungs and pumps it through the circulatory system to its eventual return to the right heart. Makes a fellow tired just thinking about it, doesn't it?

Now, I ask myself, what is this American Heart Association, Appomattox Unit, going to do for me?

"The contributions collected by volunteers support research, professional and public education and community service programs," said Dr. Richard Poe, Chairman of the Appomattox County Division of the American Heart Association.

The AHA conducts blood pressure screening clinics from time to time to help you determine if you have high blood pressure. It supports research and delivers local community programs with the support of publicly contributed funds solicited all years long.

The American Heart Association is fighting to reduce early death and disability from heart disease and stroke.

The AHA is concentrating many off its new programs in educating young people about "heart healthy" habits. These programs include public education through school systems and allied youth groups.

You know, that American Heart Association sounds all right. How about you? After all, your heart needs all the help it can get! I know!

Three make dean's list

Three students from Appomattox County have been named to the dean's list at Virginia Tech for the fall quarter, according to a release from VPI.

Cery1 E. Walton, a junior majoring in human nutrition and foods; Laura G. Walton, a freshman majoring in clothing and textiles; and Daniel P. Harvey, III, a senior majoring in materials engineering have all earned a place on the dean's list at VPI for the fall quarter.

To make the dean's list at Virginia Tech, a student must earn a grade-point average of 3.4 or better on the university's 4.0 grading scale.

Winners awarded

WINNERS IN THE AMERICAN LEGION POST 104 Oratorical Contest are pictured with Ivy Holland, left, Post Oratorical Chairman for American Legion Post 104 and Appomattox County High School Principal, Donald Armentout, right. First place winner was Brett Marston, second from left; he received $100.00. Second place winner was Janet Smith, center, receiving $50.00. Darrell Conner, second from right was third place winner. He received $25.00. Prizes were donated by American Legion Post 104 and Appomatox County High School.

ABC notes

store changes

The Virginia Department of Alcoholic beverage Control announced today that vendors have chosen to replaced 80 brands of spirits in 500 ml (16.9 oz.) bottles with 375 ml (12.7 oz.) items on the department's quarterly price list effective February 1, 1984.

The new size is being introduced because vendors believe the 500 ml size is too close to content to that of the standardd 750 ml bottle, thus not offering customers adequate product selection, size or price variation.

The new price list also has two new specialty bottles to offer. They are Wild Turkey's "Turkey and Eagle" and Beam's "1930 Model 'A' Ford Fire Engine."

The new price list has a total of 148 price changes; 69 new price increases and 79 price decreases. Fifty-nine items increased 25 cents or less and 10 items increased more than 25 cents. Sixty-seven items decreased 25 cents of less and 12 items decreased more than 25 cents.

Lab cited

The Laboratory at McGuire Veterans Administration Medical Center, Richmond, Virginia, has been awarded a two-year accreditation by the Commission on Laboratory Accreditation of the College of American Pathologists (CAP), based on results of a recent on-site inspection.

John K. Duckworth, MD, FCAP, chairman of the commission, advised the Chief of Laboratory Service, Dr. Peter Schatzki of this national recognition and congratulated him and his staff on the "excellence of services you are providing patients and their physicians." The Laboratory at Veterans Administration Medical Center is one of 3,000 CAP-accredited laboratories nationwide.

Begun in the early 1960s, the College's program was the first peer-review program for clinical laboratory accreditation. Even before government agencies mandated it, pathologists voluntarily were inspecting and accrediting laboratories to maintain the highest quality laboratories possible.

Today CAP Laboratory Accreditation program is one of the few recognized by the federal government as requiring adherence to standards equal to or more stringent than the government's own. The inspection itself is one of the more rigorous a laboratory can experience and may require up to a year if advance preparation by the laboratory staff.

The program uses unpaid but well-qualified volunteer pathologists, doctoral scientists, medical technologists and pathologyd residents from College-accredited laboratories to inspect and evaluated laboratory services and provide unbiased consulting service to the laboratoy. Each inspection team is headed by a board-certified pathologist with specialized training in the inspection process.

The inspectors examine the records and quality control of the laboratory for the preceding two years, as well as the education and qualifications of the total staff, the adequacy of the facilities, the equipment, laboratory safety, and laboratory management to determine how well the laboratory is serving the patient.

The College of American Pathologists is a national medical specialty society of physicians certified by the American Board of Pathology.

4-H News

[From page 7]

Lauese Megginson, read last month's minutes (which were approved), our Vice President, Charles Christian, brought up some old business.

Mr. Sweet passed out last year's projects. Then he passed out the project books to the people who didn't have them.

After we talked about scoring officers, we went to new business. We talked about judging teams. Then Mr. Sweet passed registration forms. He also gave us dates for 4-H Public Speaking.

With no further business, we adjourned.

Celeste Hastings
Reporter

GIANT GARAGE SALE

SAT., FEB. 11— 8 a.m. til ??

USED CARS & TRUCKS

BILL ALLEN BURKE of LAWSON FORD invites you to the LARGEST USED CAR & TRUCK SALE ever assembled under one roof. OVER $200,000.00 of used vehicles will be inside our garage and no reasonable offer will be refused. We must make room on our lot.

LUNCH AVAILABLE ON PREMISES

ON THE SPOT FINANCING!

WE WILL NOT BE UNDERSOLD!

LAWSON FORD, INC.

ROUTE 460 W-APPOMATTOX-DEALER LICENSE 2 PH: 352-8221

Times-Virginian

SOCIAL

Letters

Lola Kay Garris
Photo by Allen Austin

Miss Garris engaged

Mr. and Mrs. Owen B. Garris of Appomattox are proud to announce the forthcoming marriage of their daughter, Lola Kay to David A. Robertson, Jr., son of Mrs. Joyce M. France of Appomattox and Mr. David A. Robertson, Sr. of Gladstone.

Kay is a 1979 graduate of Appomattox County High and attended CVCC. She is employed at American Federal in Appomattox and at Parkway Grocery in Appomattox.

David is a 1978 graduate of Appomattox County High School. He is employed with Hugck Felt Co. in Farmville.

The wedding will take place on May 19, 1984 at 2 o'clock in the afternoon at the home of Mr. and Mrs. Garriss. Although no invitations are being sent all friends and relatives are invited to attend.

High school coach influences students

Editor:

There comes a time in our lives when we reflect on our adolescent years and think about those special people who had an impact on our lives. Adolescence is an awkward time when young people look for someone to admire, to provide guidance and to listen. A high school coach is often that special person.

Many times I have shared memories with old friends, reminiscing about our long ago, but not forgotten, high school days. At the center of our memories is Louise Martin. Mrs. Martin was head volleyball, basketball and softball coach for many years at Appomattox County High School. Not only did she consistently produce winning teams and receive honors as Coach of the Year, but she also had a tremendous influence on the lives of many young girls.

She taught all of her girls much about the game of life as she led us to victory in sports. Louise Martin was a wonderful example to all of us who were fortunate enough to have her touch our lives. She expected us to conduct ourselves as ladies and to respect each other as we worked together.

Mrs. Martin expressed to us that striking out at one another and our opponents with anger revealed our weaknesses and made the opposition stronger. She taught us how to love by caring about us as individuals and sharing her life with us. A player coached by Louise Martin had school pride and understood that unsportsmanlike conduct would not be tolerated.

Louise Martin truly cared about young people and always let us know that she had a genuine interest in our welfare. As a result of her influence, many of her former students have pursued careers in physical education and coaching.

Mrs. Martin, we have gained so much in life from knowing you. Thank you for being that special person in our lives. May we always try to be a positive influence on the teen-agers we coach and teach, remembering that we were once teen-agers, looking for that special person to direct our lives.

Jane Hix
Lynchburg

This letter also signed by three other former players.

Frances Marguerite Harris

Miss Harris is engaged to marry

Mr, and Mrs. William H. Harris of Rustburg are proud to announce the engagement of their daughter, Frances Marguerite to Timothy Warren Summerlin, son of Mr. and Mrs. Warren O. Summerlin of 3333 Cornell Drive, Fayetteville, N.C.

Frances graduated from Appomattox County High School in 1983.

Timothy graduated from South View Senior High School in 1980.

Timothy is now employed with Black & Decker Mfg. Inc., and is a member of the N.C.T.A. (North Carolina Taxidermists Association).

The wedding will take place March 10, 1984.

Rocks news notes

By CASSIE BALDWIN

There were services at Rocks last Sunday but attendance was not as good as usual due to the extreme cold weather and ice. Some got stuck on the roadside and one car stopped going and had to be pulled in.

Some had frozen pipes and no water. There were a few fires in the area.

The Charles Brinkley home was destroyed by fire on Sunday afternoon, Jan. 22.

Sympathy goes out to them in the death of their grandnephew, Mrs. Jones, who died from the shock and was buried on Wednesday in the Pamplin Community Cemetery.

Some thawed out frozen pipes on Sunday afternoon. So when you need this kind of help call on your church deacons.

Mrs. Bennett arrived from Ringold to visit the Rev. and Mrs. Wesley Williams and Greg on Tuesday.

The Rev. and Mrs. Wes Williams and Greg were visiting the Rev. and Mrs. David L. Swafford, of Brookneal, one afternoon this week.

The Rocks Community Club will meet in the Fellowship Hall of the Church on Thursday, Feb. 2 at 7:30 p.m. A guest speaker will be present.

The neighborhood was saddened this week when news came that Maude Dickerson Buchanan of Richmond, had passed away. She had been in bad health for many years. Sympathy goes out to her daughter and other relatives here.

It was good to hear from Jeff and Debbie Whiter, of Lynchburg, that they are doing fine.

We're so thankful Mr. Charlie Martin came home Thursday from Lynchburg General Hospital after being so ill. A speedy recovery is wished him.

Sunday is men's day at Rocks. They will have charge of the different classes. The music will be furnished by them. Breakfast will be served at 8 a.m. Come on out to this service on Sunday.

A large number of people came out for the mid-week services on Wednesday night. It was Frank Lee Elder's birthday. Cake and ice cream were served. We wished him many more birthdays.

Get well wishes go out to Robert Sanders, who is in the hospital.

Quite a few called to see Phyllis Richardson this week. She is doing well. She will go back new week for a check-up.

Everyone was glad to see the ground clear of ice and snow once more.

The farmers have been on the tobacco market this week selling their last tobacco. There are a few more days before it closes. Some tobacco is still hanging in the barn.

Get-well wishes go out to Kermit Paulette, who is not so well.

Mr. and Mrs. R. E. Roach attended the Prayer Warrior's dinner at Bible Baptist Church on Thursday.

The Young Heart's Club had their meeting on Wednesday at Appomattox. Two new members joined the club.

Charlie Brinkley's family is with Mr. and Mrs. James Whitehead at Darlington Heights since their home burned on Jan. 22.

Get well wishes go out to Mrs. Gladys Ranson, who went to see the doctor again on Monday.

Michael Richardson will spend this week-end with his parents, Mr. and Mrs. Lloyd Richardson of Pamplin.

Xi Gamma Tau sorority plans Valentine dance

Xi Gamma Tau sorority will sponsor a Valentine dance Feb. 10 from 9 p.m. to 1 a.m. at the Avalon Club.

Cost of tickets to the event is $10 per couple. No one under age 21 will be allowed to attend.

Music will be provided by Chapter 9, and hors d'oeuvres will be served.

For ticket information contact Peggy Smith (352-7239), Vickie Lucado (352-7093) or Janice McCormick (352-7676) after 6 p.m., or Shelly Kitchen (969-4300) before noon.

Chestnut Grove news

Mrs. Charles Morris was honored with a stock shower Sunday afternoon in the social hall of the Chestnut Grove Baptist Church. She received many useful gifts.

Mr. and Mrs. Wayne Cook, of Richmond; Edward T. Cook of Prospect, were Saturday visitors of Mr. and Mrs. W. T. Cook.

Saturday supper guests of Mr. and Mrs. Johnny M. Harris were Mr. and Mrs. Bob Marshall and family, of Richmond.

Monday night visitors of Mr. and Mrs. C. Henson Morris were Mr. and Mrs. Bob Mann, of Dillwyn.

Recent visitors of Mr. and Mrs. Kemper Beasley, Sr. were the Rev. Gyn Coleman, Mr. Milton Skinner, Mrs. Earl Morris and Leslie Phaup, all of Farmville; Mrs. C. W. Morris of Appomattox.

Mr. and Mrs. Howard Johnson, of Farmville, were recent visitors of Mr. and Mrs. Bill Senger.

Mr. and Mrs. Ralph Repass visited Mrs. Janie Repass at Heritage Hall Nursing Home at Blackstone Sunday.

Dog tag deadline today

All dogs in Appomattox County which are six months old or older must have tags no later than today (Feb. 1), according to Dennis Wilkerson, county animal warden.

In addition to the tags, the dogs must have been vaccinated for rabies, Wilkerson adds.

Buy, Sell, Rent...
Classifieds Do It All
Call 352-8215

Keeping plants healthy

It is unfortunate that many gardeners believe the primary function of pruning is keeping a plant that normally grows quite large, small enough to fit in the wrong location. In fact, that is the worst reason for pruning. I frequently urge gardeners to replace such specimens with smaller ones possibly drawing on many dwarf varieties now available.

Pruning is a skill that should be practiced primarily to keep plants healthy. Kept to a minimum, it will enhance the beauty of the trees and reduce your labor.

A tree that is pruned properly and trained when young will require little pruning when mature. Branches that form narrow angles are structurally very weak and should be removed to avoid their breaking later from the wind, snow or ice. Branches that cross each other and rub eventually will provide entrance for insects and disease.

On certain trees, such as the paper birch, removing lower branches will expose the white trunk, increasing their value as an ornamental plant. Usually, it is best to locate your trees where they can be allowed to develop their full, natural growth patterns.

Corrective pruning to maintain the health of the tree consists of removing dead, damaged or diseased wood to encourage rapid healing and reduce the incidence of insects and disease. On some species it may be necessary to remove excessive growth which restricts air movement and light.

Certain recommendations regarding pruning practices have changed significantly in recent years. Tree care specialists have traditionally recommended the use of a layer of protective wound dressing such as tar, asphalt, latex, or oil paint or various materials containing a fungicide.

Alex Shigo, a reseach pathologist with the U.S. Department of Agriculture in Durham, N.H., has shown through many years of research that this neither speeds wound's healing nor protects the tree from fungal invasion. In fact, moisture sometimes is trapped behind the dressing, providing an ideal environment for fungal growth that retards the healing process.

Shigo's work also has led to improved recommendations for the removal of large branches from a tree. It has long been accepted that clean cuts with sharp instruments heal faster than sloppy, irregular cuts.

The three-cut method reduces the potential for tree damage. Shigo's research has identified the best locations for these cuts, a swollen area at the junction of the branch and main trunk. Called a collar, this swollen area has been shown to produce chemicals that inhibit fungal growth.

A cut made completely flush with the trunk removes much of the collar tissue and leaves a larger wound. Therefore, cuts should be made at the outer edge of the collar. This leaves a short stump but retards fungal growth and promotes more rapid healing.

The best time to prune is in late winter or early spring after the worst of the winter weather has passed but before the tree breaks dormancy and begins to grow.

Egg prices are higher

Although over nine million chickens have been killed to halt the spread of avian flu, consumers will probably not see the losses translated into still higher egg prices.

A multitude of factors are contributing to the current higher egg prices, said Paul Ruszler, Virginia Tech Extension poultry specialist. "Even without the Pennsylvania outbreak, there would have been a nice upturn in prices," he said.

"After years of overproduction and low prices, poultry farmers had finally reached the point where they were producing only as much as the market demands," Ruszler said. "The flu broke out just as prices were beginning to adjust themselves. Actually, the disease is only responsible for seven or eight percent of the recent price increase."

Due to the higher prices, production in flu-free areas will probably increase to make up for the heavy loses in Pennylvania, Ruszler said. Even if the worst possible scenario occurs, and the disease escapes into other states, there would probably not be a substantial egg shortage since foreign competitors would ship more eggs in.

"Remember that it's taken years for a dozen eggs to pass the one dollar mark," he said. "Hopefully, prices will be retained to where producers can maintain a profit. The cheap eggs of the past put many farmers out of business."

"Eggs are not like beefsteak," Ruszler said. "There is an upper limit to what people will pay for them, and we have probably come close to that. Poultry producers recognize that they can price themselves right out of the market, so prices will probably stay in line even in the face of shortages."

In the meantime, poultry producers are coping with the fear that avian influenza may strike their flock. "Producers are breaking their necks to keep their flocks and farms clean," Ruszler said. Even a tiny piece of frozen fecal matter can spread the virus. Producers should find some relief in the spring, however, since the virus is most active in cold weather.

Until then, poultry farmers are riding the crest. Egg prices will probably not increase, Ruszler said, but probably will not go down substantially in the future. "It is time poultry producers get the price they deserve," he said. "Even at $1.20 a dozen, eggs are about the best protein buy there is."

Adult Ed classes start Feb. 6

Registration for second semester adult education classes is continuing for classes which will begin the week of Feb. 6.

Adults who are interested and who want to participate in classes that are being offered the second semester by the Appomattox County School Division are requested to register now by calling 352-8253 between the hours of 8:30 a.m. and 5 p.m., or by mailing in a registraton form. Please look at the adult class schedule located elsewhere in this issue of the Times-Virginian for information concerning courses offered.

"It is very important that persons pre-register for classes," states R.B. Carter, Coordinator of Adult Education. "Pre-registration is used to determine whether enrollment is sufficient to offer a particular class. An enrollment of ten persons is required for a class to be offered."

Persons who desire information concerning an adult class are requested to contact the School Board Office by calling 352-8253.

ANNUAL CLEARANCE

LADIES' WINTER JACKETS
Reg. $32.99 — $19.97
Reg. $26.99 — $15.97
Reg. $21.99 — $12.97

LADIES' SHOES DRASTICALLY REDUCED & HANDBAGS
Reg. $8.99 — $4.97

LADIES' BLOUSES
Reg. $9.95 — $5.97
Reg. $7.99 — $4.97

LADIES' COAT SWEATER
Reg. $14.99 $9.97

LADIES' DRESSES
JRS. MISS & HALF SIZES
Reg. $22.99 — $11.97
$21.99 — $10.97
$19.95 — $ 9.97
$14.99 — $ 7.97

LADIES' ALL-WEATHER COATS
Reg. $42.99 $29.97

MARSHALL'S DEPT. STORE
MAIN ST. APPOMATTOX, VA.

work shoe special

5.50 Reg. 7.99

Squeezably Soft

Ladies 5-10 B & EEE

White or Black

Shoe Show

10-7 MON.-THURS. & SAT.; 10-9 FRIDAY 1-5 SUNDAY

PHONE 352-3179

Triangle Plaza Shopping Center — Appomattox

Tired Of Paying Rent?

Then Don't!

LOW MONTHLY PAYMENTS

NOW The Lancaster

You Can Own Your Own Home! Prices From Under $20,000!

- NO DOWN PAYMENT
- QUALITY, PRE-CUT MATERIALS
- INCLUDES ELECTRICAL, PLUMBING AND HEATING MATERIALS
- BELOW MARKET INTEREST RATES DURING CONSTRUCTION
- LOW MONTHLY PAYMENTS WHILE BUILDING

Why Wait? Call Us Now!

Lynchburg - 845-6857

Pathway Homes